

## WRITTEN TEST

This test has four sections and contains 169 questions. The passing score is 70.

- Written Communication Skills (40 questions)
- Reading with Understanding (35 questions)
- Accuracy of Observation (40 questions)
- Biographical Inventory (54 questions)

There is a two-hour time limit for completion of the test. Test will be scored off site, and final results will be available by the end of the next week.

## PHYSICAL AGILITY TEST

This test measures your strength and endurance by basic calisthenic movements.

### *STRENGTH TEST*

#### KNEE BENT SIT-UPS:

The raw score is your total number of sit-ups successfully completed in one minute.



STARTING POSITION

ELBOW TO KNEE



RETURN TO STARTING POSITION

#### PUSH-UPS:

The raw score is your total number of push-ups successfully completed in one minute.



STARTING POSITION



DOWN POSITION



RETURN TO STARTING POSITION

### *ENDURANCE TEST*

#### MILE-AND-A-HALF RUN:

A stop watch time is your score.

		20 yrs. - 29 yrs.			30 yrs. - 39 yrs.			40 yrs. - 49 yrs.			50 yrs. and up	
<b>SIT UPS</b>	<b>PTS.</b>	<b>MALE</b>	<b>FEMALE</b>		<b>MALE</b>	<b>FEMALE</b>		<b>MALE</b>	<b>FEMALE</b>		<b>MALE</b>	<b>FEMALE</b>
Distinguished	5	51	42		45	37		39	34		38	33
Commendable	4	40 - 50	33 - 41		34 - 44	28 - 36		26 - 38	23 - 33		25 - 37	22 - 32
Competent	3	35 - 39	29 - 32		29 - 33	24 - 27		19 - 25	17 - 22		17 - 24	15 - 21
Marginal	2	24 - 34	20 - 28		18 - 28	15 - 23		6 - 18	5 - 16		5 - 16	4 - 14
Provisional	1	0 - 23	0 - 19		0 - 17	0 - 14		0 - 5	0 - 4		0 - 4	0 - 3
<b>PUSH UPS</b>	<b>PTS.</b>	<b>MALE</b>	<b>FEMALE</b>		<b>MALE</b>	<b>FEMALE</b>		<b>MALE</b>	<b>FEMALE</b>		<b>MALE</b>	<b>FEMALE</b>
Distinguished	5	43	24		37	20		28	15		23	12
Commendable	4	28 - 42	15 - 23		23 - 36	13 - 19		18 - 27	10 - 14		15 - 22	8 - 11
Competent	3	20 - 27	11 - 14		17 - 22	9 - 12		13 - 17	7 - 9		11 - 14	6 - 7
Marginal	2	5 - 19	3 - 10		3 - 16	2 - 8		2 - 12	2 - 6		2 - 10	2 - 5
Provisional	1	0 - 4	0 - 2		0 - 2	0 - 1		0 - 1	0 - 1		0 - 1	0 - 1
<b>FEMALE MILE 1/2 RUN</b>	<b>PTS.</b>	<b>MILE 1/2 - MINUTES</b>			<b>MILE 1/2 - MINUTES</b>			<b>MILE 1/2 - MINUTES</b>			<b>MILE 1/2 - MINUTES</b>	
Distinguished	5	11:41			12:32			13:24			14:20	
Commendable	4	13:41 - 11:42			14:49 - 12:33			16:15 - 13:25			17:34 - 14:21	
Competent	3	16:31 - 13:42			17:40 - 14:50			19:06 - 16:16			20:25 - 17:35	
Marginal	2	18:49 - 16:32			19:57 - 17:41			21:23 - 19:07			23:22 - 20:26	
Provisional	1	18:50			19:58			21:24			23:23	
<b>MALE MILE 1/2 RUN</b>	<b>PTS.</b>	<b>MILE 1/2 - MINUTES</b>			<b>MILE 1/2 - MINUTES</b>			<b>MILE 1/2 - MINUTES</b>			<b>MILE 1/2 - MINUTES</b>	
Distinguished	5	10:15			11:00			11:45			12:34	
Commendable	4	12:00 - 10:16			13:00 - 11:01			14:15 - 11:46			15:25 - 12:35	
Competent	3	14:30 - 12:01			15:30 - 13:01			16:45 - 14:16			17:55 - 15:26	
Marginal	2	16:30 - 14:31			17:30 - 15:31			18:45 - 16:46			20:39 - 17:56	
Provisional	1	16:31			17:31			18:46			20:40	

\* Score of 1 on any of the physical agility tests or an overall average of less than 2.5 will result in elimination from the testing process.